



SPECIAL REPORT

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07
TIPS

RECAPTURE THE MAGIC

7 Tips for Rekindling Romance and Intimacy After Infidelity



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by **SUZIE JOHNSON, CPC**



**SOULMATES ARE NOT MADE IN HEAVEN.
THEY ARE CREATED RIGHT HERE ON EARTH.**

Recapture the Magic

Special Report

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ABOUT THIS SPECIAL REPORT

Dallas, Texas

7 TIPS FOR REKINDLING ROMANCE AND INTIMACY AFTER INFIDELITY

Welcome to my special report on **Recapture the Magic: 7 Tips for Rekindling Romance and Intimacy**. This report is intended to help anyone who has been struggling with "reconnecting" with their partner, and who wants to renew the passion, happiness and excitement in their relationship.

DID YOU KNOW?

One of the leading reasons why couples seek marital counseling is due to the decline of passion in their marriage. And yet, few couples recognize how important it is to keep that passion, that chemistry and that sexual spark going between them... until their marriage begins to fade. So the question that begs to be asked is this: Is the decline of passion just an

table occurrence over the long haul, and should couples just sit back and hope that love and shared commitment will be enough to see them through?

My answer is an uncompromising NO.

Here's why: If you allow the passionate fires to fade... then soulmates turn into roommates, monogamy becomes monotony, and marriage life begins to feel like a prison (one in which not even your principles would prevent you from wanting to escape).

THE BAD NEWS?

While true love is like the sun — it burns forever — passion is more like fire. If you leave it unattended, it goes out. This means that passion never spontaneously renews itself; it requires conscious effort and attention.

NOW, FOR THE GOOD NEWS.

Though it can grow cold due to neglect, passion never dies. Like fire, even if passion grows cold, it can be rekindled, reawakened and brought back to life. The challenge, of course, is that most people don't have a clue how to go about doing that.

My mission is to help couples learn how to keep the "passion fires" burning all the way up to forever.

THINK OF IT THIS WAY...

Passion Therapy is about learning how to increase desire for each other, rather than just the desire for sex. The rituals are designed to help you and your partner to practice bringing MORE than just your body to the bedroom so that your sexual connection goes beyond skin deep... to soul deep. The goal is to honor your own sexual experience as well as your partner's by fully engaging with your mind, body and spirit. This includes weaving your conscious awareness into your sexual experiences.

With that said, let's talk about how you can get the most out of this report.

Luzie Johnson

Dallas, Texas

HOW TO GET THE MOST FROM THIS REPORT



1. READ THE TIPS WITH AN OPEN MIND.

Keep in mind, some of what I share, you already know... and yet, knowing isn't enough. The goal here is for you to connect with the information at a deep enough level, so it causes you to question your current beliefs, inspires in you a shift in perception, and strengthens your resolve to better understand. Staying open gives you the best chances of doing that.



2. DO THE PROCESS QUESTIONS.

At the end of these 7 Tips, I've provided you with 3 process questions similar to the ones I use with my private clients. The goal of these questions is to take you deeper than reading alone. And as far as I'm concerned, it's taking the time to answer these types of questions that will end up being the difference that makes the difference for you.

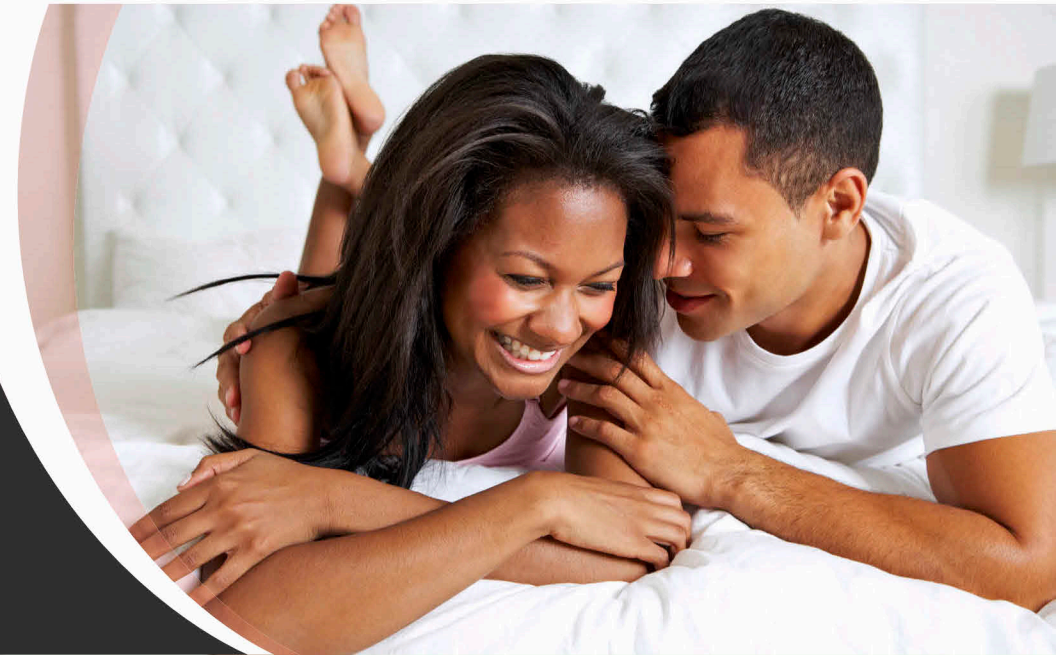


3. FOLLOW THE NEXT STEPS.

I've provided you with a "next steps roadmap" to follow (if it makes sense in your situation). Please note: My next steps are just one of the many options you can take. If my recommendations make sense for you... great. If not, then that's also okay. The key here is to remember that this is a marathon (not a sprint), and to survive, you've got to keep moving forward.

TIP 07

TRUST IS THE MOST POWERFUL APHRODISIAC



What is an "aphrodisiac"? It can be described as anything that can increase sexual pleasure and reduce sexual inhibitions. So it may come as a surprise to many... that trust may be considered an aphrodisiac. And yet, there is a strong connection.

4 REASONS WHY TRUST IS SUCH A POWERFUL APHRODISIAC

1. Trust creates the confident expectation of good which puts you in a great state of mind, from which good vibrations flow.



2. When you have trust, you can relax, and relaxation is the first sexual response.

3. Trust produces security, which reduces insecurities – which in turn reduces inhibitions.

4. Trust creates a sense of safety. And when we feel safe, that allows us to open up to giving and receiving more sexual pleasure.

BOTTOM LINE?

So, if you want more romantic desire, improve trust. If you want to reduce inhibitions, improve trust. And if you want to increase your capacity to give and receive pleasure, increase your capacity to trust. Ready to get that process started? Here's some more tips.

DO THIS:

1. Have a conversation with your partner about what trust really means to you.
2. Decide together what creates safety for both of you.
3. Decide together what's "in bounds" and what's out of bounds in the bedroom.
4. Read my special report on Repairing Trust.

TIP 06

KEEP THINGS
PLAYFUL IN THE
BEDROOM

Want to know what we share in common with dolphins?

THREE KEY THINGS:

- 1) The desire for play remains strong throughout life (not just in childhood).
- 2) We both have the ability to enjoy sex for pleasure (not just for procreation, like most other mammals).
- 3) We both have an enormous capacity for learning (intelligence).



ARE THESE THREE THINGS CONNECTED?

You bet they are. Because when you connect learning success + sex + playfulness, you get a condition called

"happiness". And so, it's no wonder dolphins always look like they're having a good time.

These dynamics work the same for us.

When you connect intelligence + sexual pleasure + playfulness - you get a state of happiness. But alas, if you remove playfulness, human beings (like dolphins) fail to thrive. This is why social scientists argue that the opposite of play is not work; but depression.

So, am I saying that playfulness and passion are linked?

Yes. That IS what I'm saying. If you want to rekindle passion, romance and desire, then embracing playfulness is key.

DO THIS:

- ♥ **MAKE A LIST OF 10 PLAYFUL THINGS YOU ENJOY.** A great place to look for inspiration is your childhood, your passions or your hobbies. Then, go do one thing on your playful list today.
- ♥ **TURN YOUR BEDROOM INTO A PLAYROOM.** Once the bedroom door is closed and it's just you and the one you love, make no excuses. Let that privacy be like a permission slip for letting go.

TIP 05

FOCUS ON
CREATING NEW
ROMANTIC MEMORIES

Infidelity has a way of tainting past memories. So to recapture the magic, it's important to take the focus off the painful memories and place it on making some new (and more powerful) romantic memories. A good place to start is by creating some new romantic rituals.

WHAT ARE ROMANTIC RITUALS?

These are the things you do together that awaken your senses and open the way for deeper connection and

intimacy. Notice I am using the word "ritual". This is a key distinction, because a ritual is not the same as "routines" or "getting stuck in a rut". Let me explain.

So, are you ready to ditch the old routines and start creating some new romantic memories via more romantic rituals? If so, here are some tips to get you started.

DO THIS:

1. Go plan a date night out (or in).
2. Decide on a new "sexy" name for your partner (only call them that name for the next couple of weeks).
3. Go book a couple's massage experience.
4. Sign up for dance lesson (type of dance you've never done before).
5. Book a "weekend getaway" at some place romantic.

BOTTOM-LINE.

Don't just think about it; Do something about it. Make a reservation, book a trip, hire a babysitter, whatever you need to do, go take a positive step towards creating new romantic rituals together.

SEXUAL
ROUTINES

VS

ROMANTIC
RITUALS

- ♥ You go through the motions.
- ♥ It feels mechanical.
- ♥ It's about duty or obligation.
- ♥ You're "in your head"/or on autopilot.

- ♥ You savor the experience.
- ♥ It feels sacred, magical.
- ♥ It's about connection and desire.
- ♥ You're "in the moment", fully engaged.



AWAKEN THE SENSES

ROMANTIC RITUALS

TIP 04

CREATE VARIETY WITHIN MONOGAMY



Everything in life has its payoffs and its trade-offs. The payoff with monogamy is the possibility of its breathtaking intimacy. The trade-off? The potential lack of variety.

Here's the reality...

Monogamy is about exclusivity. This means removing variety. However, human beings by nature crave variety. So if you don't know how to bring back variety into your relationship, your monogamy can go from feeling like paradise to feeling like a prison.

Sadly, when this happens, the misguided will try to seek variety outside of their marriages, only to discover that it causes more problems than it solves.

IS THERE A WAY TO HAVE BOTH?

Is there a way to enjoy the variety that we crave and the monogamy that we love? I think there is. The answer is to seek creating variety within your monogamy, so you do not need to seek outside.

So what does “creating variety within monogamy” look in real life?

That's a great question. My Passionate Monogamy approach is designed with just this in mind ([read about](#)

[it here](#)). This approach is all about teaching couples how to design their relationships so that it matches their deepest desires and remains fun, exciting and passionate for life. But, for now, here are some hints to help you get the process started.



TOP FIVE

HINTS FOR CREATING MORE VARIETY WITHIN YOUR MONOGAMY



01

DESIGN

your monogamy to have windows (not walls)



02

TAKE

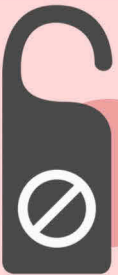
a playful approach to sex (banish the inner prude)



03

MAKE

it safe for each other to share your sexual truth (don't judge)



04

VARY

days times & locations to make love (escape comfort zones)



05

EXPERIMENT

with different types of foreplay techniques (break-free from routines)

TIP 03

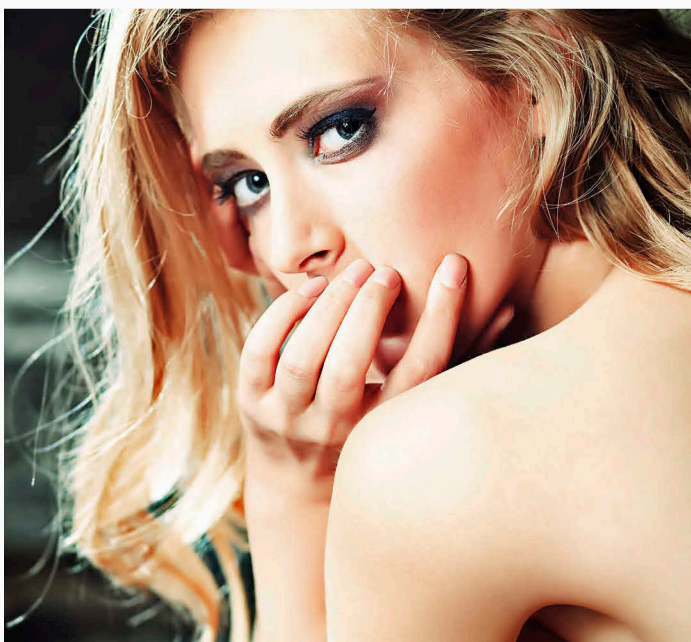
BANISH SEXUAL INHIBITIONS (DON'T TOLERATE THEM)



Sexual inhibitions are like mothers – everyone has one. And yet, the fact is, once you reach adulthood and you're in the relationship of your choice, it's now up to you to banish the sexual inhibitions that limit your sexual expression and fulfillment.

Keep this in mind.

Sometimes, judging other people's sexual preferences



ties are “beneath you”, could be signs of sexual inhibitions. So how do you know when it's a matter of inhibition or something else? Here are a couple of hints:

KEY SIGNS YOU'RE DEALING WITH SEXUAL INHIBITION.

- You feel sex is not for you (but a favor for your partner).
- You feel guilty after pleasure (so you avoid pleasure).
- You feel certain rules or criteria have to be met (lights out, only in specific places, etc.).
- You feel like you can't ask for what you really want.
- You're harshly judgmental of other people's sexual preferences.

PERHAPS THE MOST IMPORTANT SIGN?

- The list of what you *don't like* and *won't do* is longer than the list of what you *do like* and *will do* in the bedroom.

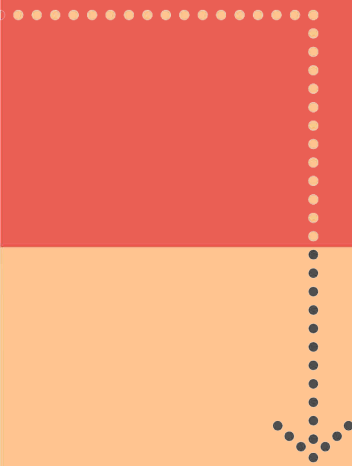
Here's the thing.

If you want to recapture the magic of romance and intimacy in the bedroom, then a good place to start is by discarding inhibitions.

TO DO LIST



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Make a list of possible sexual inhibitions (things that might feel uncomfortable for you); divide the list into three categories:

Open. Closed. Curious.

Have your partner make a similar list. Then have a conversation and compare notes. Let this exercise help you open up more possibilities.

My suggestion?



Try at least one thing on that curious list tonight.

TIP 02

DISCOVER YOUR PARTNER'S FOREPLAY STYLE



Did you know that foreplay is a language? Well, it is. Foreplay is the way our bodies communicate to our brain that we're ready to receive sexual pleasure. In fact, the purpose of foreplay is to awaken the receptors and neurotransmitters of our pleasure centers. There are several different ways of doing that. And every one has their own signature style – the way that works the best for them.

HERE'S THE CHALLENGE

Most people know only one foreplay language (usually their own). And since they don't know any other types, they run the risk of falling into a "foreplay routine" where they do the same thing night after night, year after year. *But watch out!* Because when it comes to monogamy, monotony is often the kiss of doom.

Is there a way to avoid the rut of routine sex? I think there is. One way is to start by adding variety to your foreplay. Because here's the thing. I believe it's never the sex that gets boring - it's usually the foreplay.

THE GOOD NEWS

Discovering your own and your partner's "preferred" foreplay styles can be a fun way to spice up things in the bedroom right away. The best part? There are basically only four major foreplay styles. Romantic, adventurous, sensual and tantric. Although most people like all four, overall you'll find that one that works better than others. **Here's how they break down.**

THE 4 MAJOR FOREPLAY STYLES

- ♥ **1. ROMANTIC FOREPLAY** is all about attention, affection and admiration. For people who like romantic foreplay, it's about trust, comfort and relaxation.
- ♥ **2. SENSUAL FOREPLAY** is about touching, the tasting and the savoring. For people who like sensual foreplay, it's arousing the sexual emotions via the five senses.
- ♥ **3. ADVENTUROUS FOREPLAY.** It's about power, control and forbidden. For people who like adventurous foreplay, it's about the flirting with the edges and pushing boundaries.
- ♥ **4. TANTRIC FOREPLAY.** It's about the journey, the buildup and the anticipation. For people who like tantric foreplay, it's about building sexual energy to highest heights.

DO THIS

Using the infographic on the next page as visual guide, initiate a conversation with your partner about what their preferred foreplay styles might be. Then be willing to try something different based on what you discover tonight.

What's your FOREPLAY STYLE?



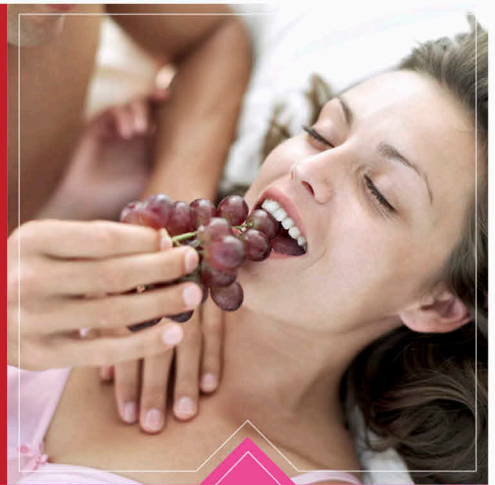
ROMANTIC

THE THREE KEYWORDS:
attention, affection and admiration

PASSWORD:
Take it slow.

MAGIC PHRASE:
It's all about You.

SIGNATURE TECHNIQUE:
The Goldilocks kiss



TANTRIC

THE THREE KEYWORDS:
ecstasy, intimacy and love

PASSWORD:
Transparency

MAGIC PHRASE:
Lost in your eyes

SIGNATURE TECHNIQUE:
Lotus control



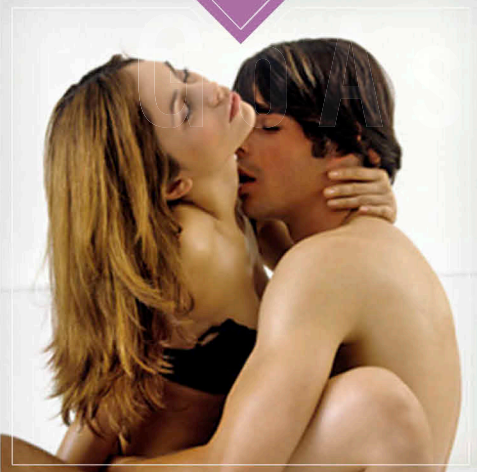
SENSUAL

THE THREE KEYWORDS:
taste, touch and feel

PASSWORD:
Savor

MAGIC PHRASE:
Touch me.

SIGNATURE TECHNIQUE:
Savoring



ADVENTUROUS

THE THREE KEYWORDS:
power, control and forbidden

PASSWORD:
Adventure

MAGIC PHRASE:
Let's play

SIGNATURE TECHNIQUE:
Power exchange



TIP 01

EMBRACE THE BEGINNER'S MIND



The theme song for my Passionate Monogamy couple's retreat is "It Feels like the First Time" by Foreigner. (If you don't know it or haven't listened to it in a while, you might want to search for it) The reason it's my suggested theme song is because it describes the "beginner's mind" I am talking about.

SO WHAT EXACTLY IS THE BEGINNER'S MIND?

It's a Zen term that means treating every moment as if it's fresh (because it is), treating every day as if it's new (because it is), and treating every person as a mystery (not as a stereotype or something you have already completely figured out).

When you embrace the beginner's mind, you approach everything as if it's the first time you've seen it. And the reason it's the number #1 tip for rekindling romance and intimacy is that if you do this, it takes care of all the others.

If you don't believe me... ask yourself:

- What would happen if you touched each other... like it was the first time?
- What would happen if you kissed each other... like it was the first time?

- What would happen if you look at each other... like it was the first time?
- What would happen if you made love to each other ... like it was the first time?

The answer? Fireworks! (But don't take my word for it. Test it for yourself.)

DO THIS.

For the next 7 days, embrace the beginner's mind.

- **Stop seeing the "past" and see the person in front of you.**
- **Stop "mind reading" and start listening to the words they're actually saying.**
- **Quit predicting the future. Live one day at a time.**

Perhaps most importantly...



Practice saying YES to the moment. According to the Kabala, yes is the only word that God knows. I'm not sure whether that's true, but I can tell you from personal experience that saying yes to what is (the present moment) has been one of the greatest keys to freedom I have ever found.

IMAGINE IF

we made love like it was
the first time, again.



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FINAL THOUGHTS



Here's the reality that Cinderella never told you: "*Happily ever after*" takes effort. Because romance doesn't spontaneously renew itself and passion is a fire that if left unattended, goes out. Therefore, happy endings require work – the type of work needed to keep the passion, romance and sexual happiness alive in your relationship.

So, the question is not, *Can you recapture the magic?* (Of course you can.) The question is, *are you willing to do what it takes to have that magic again?* I have faith you are.

And to help accelerate that process, here are my top 3 suggestions.

MY TOP 3 SUGGESTIONS FOR YOU

1) Print the 7 Tips for Recapturing the Magic infographic (see next page) and then use it as a visual guide to help you and your partner stay the course.

2) Enroll you and your spouse into my Marriage Rehab online workshop. I strongly believe it's a positive step in the right direction for you because not only will you learn how to repair the trust and heal the previous hurts, you'll also learn how to passion up your marriage in such a way that it stays infidelity-proof for life.

3) Finally, be sure to take the time to answer the process questions (see last page). This will help you go deeper into your own psyche to uncover and remove hidden obstacles to forgiving.

Do this and I have faith that they will help to accelerate your return to love, romance and intimacy after infidelity.

Until we speak again.
Remember... Love Wins!

Suzie Johnson



7 TIPS RECAPTURING ★ MAGIC

1

EMBRACE THE
BEGINNER'S MIND



2

DISCOVER YOUR
PARTNER'S FOREPLAY
STYLE

3

BANISH
SEXUAL
INHIBITIONS



4

CREATE VARIETY
WITHIN
MONOGAMY

7

TRUST IS
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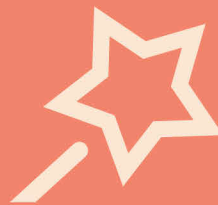


5

FOCUS ON
CREATING NEW
ROMANTIC MEMORIES

6

KEEP THINGS
PLAYFUL
IN THE BEDROOM





NEXT STEPS



Register for my
**MARRIAGE REHAB
FOR COUPLES**
HOME STUDY COURSE

- ✓ Heal the hurt
- ✓ Repair trust
- ✓ Infidelity Proof
- ✓ Rekindle passion

**LEARN HOW TO
RESTORE YOUR
HAPPY EVER AFTER**

CLICK GET ACCESS NOW

PROCESS QUESTIONS

RECAPTURING THE MAGIC

Anne Frank became famous for keeping a diary during the Holocaust. What many people don't realize is that writing is a powerful way of processing pain. So, although Anne didn't have a therapist, she did have a way to process what she was going through. I suggest you do the same. Start with these 3 process questions and don't stop here. Keep your own journal. You'll find it can help you tremendously.

QUESTION #
01

Sometimes change can be intimidating — especially personal changes. Describe the changes that you need to make in the bedroom and what intimidates you about those changes.

QUESTION #
02

Trust is like a pulse... you don't notice how important it is until you've lost it. But just because a thing is lost doesn't mean it cannot be found. Describe a time when you found something important that you thought you had lost. (It can be anything – a physical object, job, friendship, etc.)

QUESTION #
03

Some people prefer to play it safe; others are always ready to take chances. Describe a time when you decided to take a chance.

“

THERE'S A BIG DIFFERENCE
BETWEEN BEING A BAD PERSON
AND BEING A PERSON WHO
HAS MADE A BAD JUDGMENT.

”

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